

Easy Chicken Curry



Makes 8 Servings

Ingredients:

1 TBSP olive oil
1 ½ pounds boneless, skinless chicken breast or thighs, cut into 1-2" cubes
1 medium onion, chopped
3 cloves garlic, minced
1 TBSP minced, grated or finely chopped fresh ginger
1 TBSP ground cumin
1 TBSP curry powder
1 ½ tsp garam masala (or ½ tsp allspice)
1 ½ tsp ground coriander (optional)
1 tsp salt
13.5 oz. can full fat coconut milk
15 oz. can diced tomatoes (undrained)
2-3 carrots, sliced into rounds
15 baby potatoes, halved (quarter if potato larger than 2")
1 orange bell pepper, diced

After Cooking:

1 ½ cups green beans, fresh or frozen
2 TBSP fresh lemon juice (half of one lemon)
Cooked brown rice, cauliflower rice or quinoa

Directions:

1. Heat olive oil over medium heat in a 4 QT pot.
2. Add the chicken, cook, stirring occasionally until browned. Transfer to a plate for later.
3. Add diced onion and cook until soft (5-7 minutes).
4. Add garlic, ginger, spices and salt. Stir and cook for 1 minute.
5. Add coconut milk and scrape up anything stuck to bottom of pot.
6. Return chicken to pot. Add the can of diced tomatoes, carrots, potatoes and bell pepper.
7. Cover and bring to a boil. Reduce heat and simmer for 30 minutes or until potatoes are soft.
8. Stir in green beans and lemon juice. Allow to sit for a few minutes, until green beans are slightly soft.
9. Serve with rice, rice alternative or naan bread.

Nutritional facts per 1 1/2-cup serving: *(without rice or bread)*

Calories: 357 • Fat: 16g • Sodium: 486mg • Carbohydrates: 33g • Dietary Fiber: 5g • Protein: 21g

Source: Peasandsaffron.com